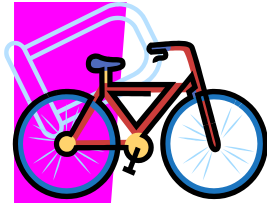


See and Be Seen

Wear clothes that make you more visible. Reflectors on you bike and clothing can help with this. This is especially important at night. Clothing should be light in color & close fitting to avoid being caught in the bikes moving parts.

Pay Attention to your Surroundings

Looking both ways before crossing a street, obeying the rules of the road just as any vehicle operator would, and watching the road in front of you for obstacles, pot holes, glass and other items are all important duties of a responsible bike rider. You should be especially careful in wet weather, as this can cause the roadway to be slippery and cause problems in stopping safely.



Protecting your bike against theft

A Bicycle can be stolen from just about any place. Precautions can be taken to deter the would-be thieves:

- Lock your bike securely. A U-lock secures both wheels and the frame to a stationary object.
- Record your serial number and keep it with a photo of your bike in a safe place. Dozens of bikes are recovered by the Police Department every year, but are not returned to the rightful owners due to the lack of information the owner had when the theft was reported.
- Report lost or stolen bikes to your local Police Department as soon as possible.
- **To license your bike contact the police department to obtain a sticker and register your serial number. The cost is \$1.00.**



West Des Moines Police Department

Bicycle Safety

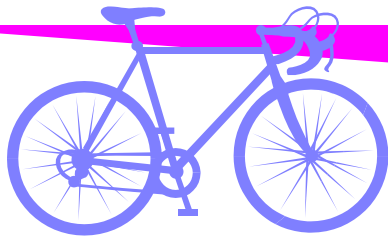


West Des Moines Police Department

Community Education/Outreach

515-222-3333

www.wdm-ia.com



A bike is not just a toy, it's a VEHICLE.

It is a way to get places you need and want to go to quickly. It is also a great way to get the exercise your body needs to be healthy. Treating your bike and your own body with respect when using these vehicles is important.

When precautions such as the ones we will discuss in this brochure are taken, you will have a better chance at a safe and successful journey.

When shortcuts are taken, and rules are set aside, you increase the likelihood that an accident or injury will occur.



Starting off right

Making sure your bike is in good working order before riding is very important. Checking to make sure all the nuts and bolts are tight, the brakes work properly, the chain is free from debris and doesn't hang down, the seat, pedals and handle bars are properly positioned and tight and the tires have the proper amount of air and tread are all important things that should be on your checklist. If you are unsure how to check and determine these items, ask an adult to assist you.

Protective Gear

It cannot be stressed enough how important protecting your head is. Broken bones can be healed. A broken brain is another story!



Helmets are worn in all kinds of activities; Hockey, Baseball & Race Car Driving to name a few. I'm sure you can't imagine your favorite football player out on the field without his helmet! The same should go with you on your bike!

Wearing a helmet should come naturally. Encourage your friends & family to wear one also! Studies have shown that wearing a helmet can reduce head injuries by up to 85%! Knee and elbow pads are also

a great way to keep yourself protected from injury.

